

21st Century Health & Wellness Solutions

Arteriosclerosis / Heart Disease

Is known as an artery disorder which involves plaque buildup inside artery walls. This buildup consists of calcium deposits that harden to artery walls, which is found in Arteriosclerosis. Arteriosclerosis consists of a fatty like substance which causes artery walls to harden and lose their elasticity. This condition can lead to high blood pressure, angina, stroke, heart attack, or sudden cardiac death.

Once a coronary artery becomes blocked by buildup deposits the heart muscle will become oxygen deficient causing a heart attack, also known as coronary occlusion. When blood supply is blocked from the brain a stroke can occur. Millions of Americans suffer each year from PAD known as Peripheral Arterial Disease, and most people are not even aware of these conditions.

Peripheral Arteriosclerosis is a type of Peripheral Vascular Disease that affects the lower limbs of the body, which slows the blood supply due to deposits blocking artery walls of these areas of the body. Ailments that may occur include fatigue, cramping, or pain in these areas, as well as aching muscles.

EFFECTIVE NUTRIENTS

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|--------------------------------------|------------------------|
| 1.) " C " Vitamin | 5.) Flaxseed Oil |
| 2.) Coenzyme Q10 | 6.) Grape Seed Extract |
| 3.) " D " Vitamin | 7.) Multi Mineral |
| 4.) " E " Vitamin (natural d-alpha) | 8.) Multi Vitamin |

EFFECTIVE HERBS

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|--------------------------|--------------------|
| 1.) Turmeric | 8.) Flaxseed |
| 2.) Barberry | 9.) Forsythia |
| 3.) Black Sesame | 10.) Garlic |
| 4.) Blessed Thistle | 11.) Ginger |
| 5.) Borage | 12.) Ginkgo Biloba |
| 6.) Butcher's Broom | 13.) Green Tea |
| 7.) Capsicum (Cayenne) | |

- 14.) Hawthorn
- 15.) Hibiscus Flower
- 16.) Kukicha Twig
- 17.) Lilly of the Valley
- 18.) Maitake

- 19.) Pine
- 20.) Reishi
- 21.) Schisandra Berry
- 22.) Shitake

EFFECTIVE FOODS

Organic foods are always best choice

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| <ul style="list-style-type: none"> 1.) All dark leafy greens 2.) Kale 3.) Broccoli 4.) Romaine Lettuce 5.) All beans 6.) All nuts 7.) Flaxseeds 8.) Whole grains | <ul style="list-style-type: none"> 9.) Red Rice 10.) Brown Rice 11.) Avocados 12.) All Raw Fruits 13.) Dried Fruits 14.) Indian Gooseberries 15.) All Raw or Cooked Vegetables |
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FOODS TO AVOID

Always read the ingredients section of food labels of the food products you consume as well as nutritional facts portion of the label.

- 1.) Dairy due to saturated fat content.
- 2.) All pork especially bacon.
- 3.) All deep fried foods.
- 4.) Hamburger due to its fat content.
- 5.) Salt, non-organic processed breads which are very high in sodium.
- 6.) Trans Fats
- 7.) Saturated fats
- 8.) Avoid fast foods.
- 9.) Cooking oils and cooking greases.
- 10.) Non organic processed foods in cans or boxes.
- 11.) Substances such as tobacco and alcohol.

CANCER

Is known in medical terms as a malignant neoplasm, which can be a various group of diseases involving unregulated cell growth. These cells divide and grow uncontrollably, which progress into malignant tumors that can invade nearby parts of the body, as well as spread further into the body through the lymphatic system and bloodstream.

There are two types of tumors, malignant which is cancerous and benign, which are non-cancerous due to its effects of controlled growth, which do not invade neighboring tissues.

There are many ways cancer can be determined such as tissue samples, microscopic examination, screening tests, medical imaging, and the presence of certain signs and symptoms, such as unintentional weight loss, fever, being excessively tired, and changes in skin.

There are many known causes of cancer, such as smoking tobacco, obesity, lack of physical activity, radiation, environmental pollutants, chemicals such as additives, and unhealthy food colorings, as well as hormones due to the cell proliferation, which involve insulin growth factors by binding proteins that play a key role in cancer cell proliferation involving carcinogens. Avoid all sugar especially high fructose corn syrup, as well as all processed sugar, sugar feeds cancer cells, in order to put cancer in remission all sugar must be avoided at all cost.

EFFECTIVE NUTRIENTS

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|--------------------|---------------------------------------|
| 1.) " A " Vitamins | 7.) " E " Vitamin (natural d-alpha) |
| 2.) " B " Complex | 8.) Flaxseed Oil |
| 3.) Beta Carotene | 9.) Multi Amino Acid |
| 4.) " C " Vitamin | 10.) Multi Mineral |
| 5.) Coenzyme " A " | 11.) Multi Vitamin |
| 6.) Coenzyme Q10 | 12.) Primrose Oil |

EFFECTIVE HERBS

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|--------------------------|--------------------------|
| 1.) Acai Berry | 18.) Polygala |
| 2.) Astragalus | 19.) Red Clover |
| 3.) Barley | 20.) Reishi |
| 4.) Black Sesame | 21.) Rhodiola |
| 5.) Blessed Thistle | 22.) Rose Hips |
| 6.) Burdock Root | 23.) Rosemary |
| 7.) Capsicum (Cayenne) | 24.) Shitake |
| 8.) Cat's Claw | 25.) Spreading Hedyotis |
| 9.) Chaparrel | 26.) St. John's Wort |
| 10.) Garlic | 27.) Suma |
| 11.) Goji Berry | 28.) Trichosanthes Fruit |
| 12.) Green Tea | 29.) Turmeric |
| 13.) Kukicha Twig | 30.) Violet |
| 14.) Maitake | 31.) Woolly Grass |
| 15.) Pau " D " Arco | 32.) Yellow Dock |
| 16.) Peach | |
| 17.) Pine | |

EFFECTIVE FOODS

Plant based diet of whole foods are essential

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| 1.) Organic being best choice. | 6.) Black Pepper |
| 2.) All raw vegetable | 7.) Mushrooms, especially white
button, Shitake, Maitake. |
| 3.) All nuts, seeds, beans, and
legumes | 8.) Red Rice, Brown Rice |
| 4.) Dark leafy greens | 9.) Cocoa |
| 5.) Flaxseeds | 10.) Tomatoes |

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|------|------------------------------------|------|--------------|
| 11.) | Sweet Potatoes | 13.) | Seaweed Nori |
| 12.) | Garlic | | |
| 14.) | Indian Gooseberries | | |
| 15.) | Broccoli | | |
| 16.) | Turmeric, which blocks carcinogens | | |
| 17.) | Green Tea | | |

FOODS TO AVOID

- 1.) All non - organic processed foods due to dangerous additives and preservatives found in non – organic processed foods in cans and boxes, such as artificial food colorings and dyes, additives, and chemical preservatives.
- 2.) Always read food labels such as the ingredients and nutrition portion of the foods you purchase.
- 3.) All fast foods
- 4.) Deep fried foods
- 5.) All sugar (especially high fructose corn syrup).
- 6.) Avoid cooking with rancid oils due to high levels of carcinogens.

ADDITIONAL CAUSES OF CANCER

- 1.) Tobacco use
- 2.) Alcohol use
- 3.) Excessive sun exposure
- 4.) Tanning beds

ADDITIONAL EFFECTIVE WELLNESS TIPS

- 1.) Exercise daily 1 to 2 hours
- 2.) Get a recommended 7 to 8 hours sleep daily
- 3.) Reduce stress levels as much as possible

DIABETES

Is also known as diabetes mellitus, which is a condition in which a person has high blood sugar due to the pancreas is unable to produce enough insulin or because cells do not respond to the insulin that is being produced. High blood sugar can cause symptoms of frequent urination, increased thirst, or increased hunger.

There are three types of classifications of diabetes, type 1 diabetes which is a condition that does not allow the body to produce insulin and requires a person to inject insulin or wear an insulin pump. Type 2 diabetes is a condition in which the body has a resistance to insulin causing the body's cells to fail in proper use of insulin, creating insulin deficiency or adult onset diabetes. Type 3 diabetes is known as gestational diabetes which is a common occurrence with pregnant women without a previous diagnoses of diabetes, that develop a high glucose level which may produce a development of type 2 diabetes.

There are many complications associated with diabetes, such as Diabetic Ketoacidosis and nonketotic Hyperosmolar Coma, which is more serious and long term complications include cardiovascular disease, chronic renal failure, and Diabetic Retinopathy known as retinal damage.

There are many signs and symptoms involved with diabetes, such as loss of weight, blurred vision, increased thirst, frequent urination, and increased hunger, as well as weight gain due to impaired digestion of fats and sugars, therefore being stored as fat. Skin rashes are also a sign or symptom of diabetes. More serious conditions that can lead to emergencies are known as rapid or deep breathing, vomiting, abdominal pain, and dehydration.

There are also many causes of diabetes depending on the type, type 1 diabetes is considered partly inherited and can be triggered by certain infections. Type 2 diabetes is primarily caused due to lifestyle factors, as well as genetics. Other causes include genetic defects of "B" cell function, genetic defects in insulin processing also known as insulin action, exocrine pancreatic defects, endocrinopathies infections, drugs, alcohol, poor diet, and smoking.

EFFECTIVE NUTRIENTS

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|---------------------------------------|-----------------------|
| 1.) " A " Vitamin | 9.) Manganese |
| 2.) " B " Complex | 10.) Multi Amino Acid |
| 3.) " C " Vitamin | 11.) Multi Enzyme |
| 4.) Chromium | 12.) Multi Mineral |
| 5.) Coenzyme Q10 | 13.) Multi Vitamin |
| 6.) " D " Vitamin | 14.) Quercetin |
| 7.) " E " Vitamin (natural d-alpha) | |
| 8.) Magnesium | |

EFFECTIVE HERBS

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|--------------------------|--------------------------|
| 1.) Acai Berry | 13.) Pine |
| 2.) Alfalfa | 14.) Rhodiola |
| 3.) Amur Corktree Bark | 15.) Sage |
| 4.) Capsicum (Cayenne) | 16.) Schisandra Berry |
| 5.) Cinnamon | 17.) Shizandra |
| 6.) Glucomannan | 18.) Shitake |
| 7.) Goji Berry | 19.) Stevia |
| 8.) Green Tea | 20.) Suma |
| 9.) Gymnema | 21.) Trichosanthes Fruit |
| 10.) Licorice | 22.) Uva Ursi |
| 11.) Pau "D" Arco | 23.) White Pony Root |
| 12.) Periwinkle | |

EFFECTIVE FOODS

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|--|----------------------------------|
| 1.) Eat a plant based diet of hole foods, organic being best choice. | 6.) Green Tea |
| 2.) All raw vegetables | 7.) Chamomile Tea |
| 3.) Indian Gooseberries | 8.) Vinegar |
| 4.) Soy | 9.) Alkalinized Water |
| 5.) Cinnamon, which helps support with regulating blood sugar insulin balance. | 10) Stevia (natural sweetener) |

FOODS TO AVOID

- 1.) All dairy
- 2.) Processed white sugar
- 3.) Processed white bread
- 4.) All non- organic processed foods in boxes or cans due to excessive amounts of chemical additives, preservatives, and chemical dyes or colorings which alter and damage pancreatic balanced functions which regulate blood sugar insulin levels properly.
- 5.) All soda drinks due to high artificial sugar content levels.
- 6.) All non – organic sweetened drinks
- 7.) All artificial sweeteners

ADDITIONAL CAUSES OF DIABETES

- 1.) Avoid Tobacco use.
- 2.) Avoid Alcohol or Liquor use.

WELLNESS TIPS

- 1.) Exercise 1 to 2 hours daily.
- 2.) Get 7 to 8 hours sleep daily for adequate rest.
- 3.) Eat a diet high in holistic foods such as raw vegetables containing plenty of dark leafy greens as well as colorful vegetables, consume 10 servings daily.
- 4.) Lower stress levels as much as possible.

Kidney Stones

Kidney stones are common among many adults from their mid thirties and up, due to a lack or inability to metabolize calcium within the body, these calcium deposits can collect within the kidneys, and when combined with oxalate crystals will form into kidney stones. This condition is very painful and cause a emergency room visit very quickly, kidney stones are very easy to avoid by taking simple measures, listed below are some nutritional tips to avoid a unnecessary trip to the emergency room and possible surgery.

- 1.) Consume plenty of natural spring water daily, $\frac{1}{2}$ your body weight in ounces, for example if you weighed 200 lbs. you would need to drink 100 ounces of water daily to allow the kidneys to flush calcium and oxalate deposits properly from the kidneys, this is the simplest way to avoid kidney stones.
- 2.) Take Boron 3mg daily, Boron is a known trace mineral that assists with and enhances calcium absorption within the body, which helps the body to metabolize calcium properly, which in return reduces kidney stones dramatically.
- 3.) By adding fresh squeezed lemons into a glass of water daily will also eliminate the chances of developing kidney stones due to the citric acid compound present in lemons, citric acid has the ability to break up calcium and oxalate deposits within the kidneys.

Inflammation

Inflammation can be caused by several underlying factors due to injury, poor diet, lack of exercise, nutrient deficiency as well as age related issues. Inflammation and joint pain is a very common issue among many adults worldwide, which can be prevented by taking simple measures to sustain overall health. By avoiding certain foods, taking proper nutrients and maintaining healthy eating habits are simple ways to prevent inflammation throughout life. I will give simple guidelines to follow to prevent this very common symptom that plagues millions of people worldwide. Below I have listed several procedures that can be taken to alleviate and diminish this symptom.

- 1.) Avoid all sources of processed sugars, especially high fructose corn syrup, by reading the ingredients portion of all food product labels you can pinpoint these ingredients very easily, simply do not purchase these products or consume them.
- 2.) Avoid all deep fried foods that are cooked in rancid oils, these oils contain carcinogens that are very toxic for the human body, which contain high levels of omega 6 fatty acids that cause this condition. Fast food restaurants have many items on their menu that are very toxic for the human body as well as your joints, such as anything that has been deep fried, and french fries are the worst.
- 3.) Avoid cooking with oils such as canola oil, vegetable oil, corn oil, cotton seed oil, sunflower oil to name a few due to these oils are highly processed and stripped of most all their nutritional value through the heating process that takes place to process them. All of these oils contain very high levels of omega 6 fatty acids that

trigger inflammation so avoid them at all cost, these oils are also very unhealthy for your heart and will eventually cause heart disease.

Ways to reverse inflammation

- 1.) Get plenty of omega 3 fatty acids into your diet which will reverse this condition, such as healthy oils like organic cold pressed extra virgin olive oil, organic cold pressed extra virgin avocado oil, and organic coconut oil, all of which are great for cooking with as well as adding to your salads.
- 2.) Chia seeds are an excellent source of omega 3 fatty acids, one of the highest sources of omega 3's, these seeds are excellent with salads and bring high levels of nutritional value.
- 3.) Fatty fish such as salmon and tuna are also extremely high in omega 3 fatty acids as well as very healthy for the heart and improves weight loss.
- 4.) By adding one of the most powerful herbs on the planet to your diet known as turmeric, which contains curcumin compounds that reduce inflammation within the body and when pepper is combined with turmeric this increases curcumin compounds by over 1,000 %. This will in return speed the healing process due to inflammation. This powerful herb can be added to salads or meals, as well as be taken in a capsule form.
- 5.) Exercise and stretching are excellent ways to reduce inflammation by strengthening joints and ligaments.

These are simple ways to control and reverse inflammation within the joints and throughout the body.

ORDER INFORMATION SHEET

3 BOOK SERIES IN HEALTH & NUTRITION

- 1.) 21st Century Herbal Health & Wellness (priced at \$29.95 per copy)
- 2.) 21st Century Guide to Wellness (priced at \$39.95 per copy)
- 3.) The Six Pillars of Holistic Nutrition (priced at \$39.95 per copy)

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SEARCH AUTHOR ROBERT C. BUCHANAN

In these three books you will discover valuable information in regards to a much healthier and more vibrant life even through retirement. In my three book series you will discover all the necessary knowledge to establish a solid foundation of understanding in regards to a more healthier lifestyle that will equip you with the necessary tools to enhance your overall health and wellbeing.

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The 4 most powerful herbs on the planet, their know health benefits, properties, vitamins, and nutrients.

Some of GOD’S greatest gifts from the plant Kingdom

- 1.) Garlic (Recommended dosage daily 1,000 mg)
- 2.) Cloves (Recommended dosage daily 700 mg)
- 3.) Turmeric (Recommended dosage daily 500 to 2,250 mg)
- 4.) Ginger (Recommended dosage daily 500 to 2,200 mg)

Garlic contains properties such as Adaptogen, Alterative, Antibiotic, Anticoagulant, Antifungal, Antineoplastic, Antiseptic, Antispasmodic, Blood Purifier, Diaphoretic, Digestive, Expectorant, Febrifuge, Rubefacient, Stimulant, and Vulnerary.

Garlic Nutrients: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Sodium, Sulfur, Vitamins “A”, “B” Complex, and “C”.

Garlic has been well known for its health benefits for thousands of years by ancient Egyptians, Greeks, Romans, and Hebrews. Native Americans and the Chinese have also used Garlic for thousands of years. Some of the most common uses are for colds, coughs, earaches, toothaches, headaches, diarrhea, infection, arteriosclerosis, hypertension, tumors, and worms. It is considered nature’s antibiotic, by fighting bacteria, stimulating the lymphatic system and stimulating white cell growth, thus rejuvenating all body functions.

Garlic can open blood vessels, reduce hypertension, and fight viruses, fungi such as Candidiasis, fight cardiovascular disease such as blood clots and arterial occlusive disease. It has also been found to reduce triglyceride levels in the blood which lowers the blood pressure and increases immunity while reducing blood clots. Garlic can also destroy

tumor cells, stimulate the lymphatic system by ridding the body of toxins, which protects the liver and cells from free radical damage, which can weaken the immune system.

Garlic primary uses: Asthma, Blood Impurities, Bronchitis, Cancer, Candidiasis, Colds, Colitis, Ear infection, Fever / Flu, Fungus, Gastric Disorders, Heart Disease, High Blood Pressure, Indigestion, Infection, Infectious Diseases, Liver Disorders, Lung Disorders, Parasites, Prostate Disorders, Respiratory Disorders, and Strep / Staph Infections.

Cloves contain properties such as Alterative, Analgesic, Anodyne, Anthelmintic, Antibacterial, Antiemetic, Antifungal, Antiseptic, Aromatic, Carminative, Expectorant, Germicide, Rubefacient, Stimulant, and Stomachic.

*****USE CAUTION when consuming Cloves if you have any of the following conditions*****

- 1.)Are pregnant or a nursing mother.
- 2.)Are taking medications, especially heart medications.
- 3.)Are scheduled for surgery, stop use of cloves a minimum of 14 days before surgery.

Clove is a natural blood thinner and can cause unwanted health conditions if any of the above conditions are relevant in your overall health. Always consult your primary health care physician in any of these medical conditions exist, always use caution as well as common sense when using certain powerful herbs that may cause complications.

Clove Nutrients: Calcium, Magnesium, Phosphorus, Potassium, Sodium, Vitamins “A”, “B” Complex, and “C”.

Cloves are found in warm climates such as Tanzania, Sumatra, and South America. It has been used for thousands of years for both medicinal and culinary purposes. Cloves contain a very powerful germicidal agent; just a few drops of its extract will stop vomiting and relieve nausea.

Also, when dropped into a cavity, it will relieve toothaches and is found in some toothache remedies. It is also a remedy for breath odor. Cloves will also increase blood circulation and promote digestion; its oil content properties of antibacterial and antifungal agents inhibit positive and negative bacteria and fungi.

Clove Primary uses: Alzheimer’s Disease, Breath odor, Bronchial Catarrh, Colitis, Dementia, Diarrhea, Diabetes, Dysentery, Dizziness, Earache, Erectile Dysfunction, Fatigue, Gas, Indigestion, Increases Sex Drive, Lower Blood Pressure, Nausea, Natural Blood Thinner, Pain, Tooth Aches, Palsy, Spasms, and Vomiting.

Turmeric contains properties such as Antibacterial, Anticoagulant, Antifungal, Anti-inflammatory, Antineoplastic, Antioxidant, and Antiviral.

Turmeric Nutrients: Antioxidants, Fiber, Iron, Potassium, and Vitamin “B” 6.

Turmeric has been used for thousands of years in Asia and India for food flavoring, dyeing, and medicinal uses. In India it was used for cleansing the intestinal tract, treating infections, liver disorders, fevers, arthritis, and dysentery. The Chinese used it for congestion, hemorrhage, liver disorders, and menstrual disorders, although it's most common uses are for a food flavoring and to make a yellow-orange dye.

Turmeric has many health benefits such as treating arthritis, digestive disorders, hemorrhage, liver disorders, fevers, gallbladder disorders, and lung conditions. It can also stimulate bile flow which helps with digestion, protects the liver, fights against aging by protecting against free radical damage that also protects against cell damage due to its antioxidant properties.

Research has shown Turmeric to have active components that inhibit tumor cell growth and prevent cancers such as breast, colon, esophageal, skin, and stomach cancers, as well as lower cholesterol levels which prevent heart disease. It also contains anticoagulant properties that prevent blood clots that can lead to strokes and even trigger heart attacks.

Turmeric Primary uses: Arthritis, Cancer, Heart Disease, Infections, Inflammation, Joint Pain, Liver Disease, Stroke, and Tumors.

Ginger contains properties such as Alterative, Antacid, Anti-Inflammatory, Carminative, Diaphoretic, Diuretic, Emmenagogue, Febrifuge, Rubefacient, Sialagogue, and Stimulant.

Ginger Nutrients: Calcium, Iron, Magnesium, Phosphorus, Potassium, Protein, Sodium, Vitamins “A”, “B” Complex, and “C”.

Ginger has been used for thousands of years for many ailments and was first used in tropical Asian populations. It has been used to increase the production of digestive juices, to fight against colds, cold chills, indigestion, nausea, sore throats, bronchitis, congestion, headaches and was entered into the Pharmacopoeia from 1820 to 1873.

Ginger also has blood thinning properties which lower blood cholesterol levels acting as a blood stimulant and is considered a cleansing herb. It also is known to treat heart disorders, kidney disorders, fever, vomiting, and cramps.

Ginger has also been used for treating menstrual symptoms, liver disorders, high cholesterol, arthritis, inflammation, gastric disorders, and motion sickness. An herbal form of therapy with Ginger can reduce swelling to improve mobility, relieve pain which brought significant improvement to rheumatoid arthritis patients. Ginger Root contains zingibain, a digestive enzyme which is most beneficial for digestion.

Ginger Primary uses: Bronchitis, Childhood Diseases, Colds, Colic, Colitis, Diarrhea, Dizziness, Fatigue, Fever / Flu, Gastric Disorders, Headaches, Heart Disease, Indigestion, Morning Sickness, Motion Sickness, Nausea, Poor Blood Circulation, Sore Throat, Stomach Cramps, and Vomiting.